

Regular Line

BREAKFAST		LUNCH	DINNER
M O N	Cinnamon Rolls Oatmeal/Grits Eggs to Order/Hardboiled Eggs Grilled Ham Cream Sausage Gravy Hashbrowns Blueberry Pancakes Biscuits/Breakfast Gravy	Cream of Celery Soup Navy Bean Soup Chicken Enchiladas Beef Fajitas Refried Beans Spanish Rice Mixed Vegetables Cornbread	Soup Du Jour Chicken and Dumplings Steamed Rice Brussel Sprouts Fried Okra Panini Roll
T U E S	Bran Muffin Oatmeal/Grits Eggs to Order/Hardboiled Eggs Oven Baked Bacon Corned Beef Hash Lyonnaise Potatoes French Toast Biscuits/Breakfast Gravy	Vegetable Soup Cream of Asparagus Soup Fish Sandwich Barbecue Pork Tater Tots Whole Kernal Corn Peas	Soup Du Jour Meat Loaf Gravy Lyonnaise Potatoes Cabbage Harvard Beets Breadsticks
W E D	Blueberry Muffin Oatmeal/Cream of Wheat Eggs to Order/Hardboiled Eggs Sausage Link Creamed Chipped Beef Baked Beans/Cornbread Home Fried Potatoes Biscuit/Breakfast Gravy	Pinto Bean Soup Corn Chowder Spaghetti with Meat Sauce Baked Turkey Breast/Gravy Cornbread Dressing Broccoli Blackeye Peas Garlic Texas Toast	Soup Du Jour Chicken Primavera Noodles Eggplant Casserole Carrots Amandine Golden Dinner Roll
T H U R S	Coffee Cake Oatmeal/Grits Eggs to Order/Hardboiled Eggs Oven Baked Bacon Corned Beef Hash O’Brien Potatoes Strawberry Pancakes Biscuit/Breakfast Gravy	Minestrone Soup Cream of Potato Soup Grilled Ham & Cheese Sandwich Country Fried Steak/Gravy Mashed Potatoes Kale Creamed Corn	Soup Du Jour Braised Beef Cubes Noodles Turnip Greens Lima Beans Cornbread
F R I	Cinnamon Rolls Oatmeal/Grits Eggs to Order/Hardboiled Eggs Oven Baked Bacon Scrapple Hashbrowns French Toast Biscuit/Breakfast Gravy	Turkey Noodle Soup Clam Chowder Assorted Pizza Chicken Salad Cauliflower Green Peas	Soup Du Jour Salmon Patties Home Fried Potatoes Succotash Zucchini Country Seeded Rolls
S A T	Blueberry Muffin Oatmeal/Cream of Wheat Eggs to Order/Hardboiled Eggs Oven Baked Bacon Creamed Ground Beef Lyonnaise Potatoes Buttermilk Pancake Biscuit/Breakfast Gravy	Vegetable Soup Split Pea Soup Chicken Cordon Bleu Fried Shrimp Baked Potato Sauteed Mushrooms & Onions Italian Green Beans Dinner Rolls	Soup Du Jour Yankee Pot Roast with Potatoes Carrots Corn on the Cob French Dinner Roll
S U N	Danish Pastry Oatmeal/Grits Eggs to Order/Hardboiled Eggs Grilled Ham Slice Oven Baked Bacon Baked Beans/Cornbread Hashbrowns Biscuit/Breakfast Gravy	Chicken Noodle Soup Tomato Rice Soup Italian Sausage with Peppers & Onions Pecan Crusted Fish Mashed Sweet Potatoes Asparagus Squash	Soup Du Jour Fried Chicken AuGratin Potatoes Peas & Carrots Sugar Snaps Panini Roll

DESSERTS

Mon: Pecan Pie

DL Chocolate Chip Cookies, Sugar Free

Tues: Cheesecake

DL Cheesecake, No Sugar Added

Wed: Oatmeal Raisin Cookies

DL Apple Pie, No Sugar Added

Thurs: Brownies

DL Chocolate Cake

Fri: Coconut Pie

DL Cherry Pie, No Sugar Added

Sat: Fruit & Nut Bars

DL Sugar Free Chocolate Chip Cookies

Sun: French Silk Pie

DL Sponge Cake

DAILY SHORT ORDER LINE

Grilled Hamburger

Grilled Hotdog

Grilled Chicken Breast

Grilled Cheese Sandwich

Sauerkraut/Chili

Lettuce/Tomato/Onion

Diet Line Menu #6 – Week of : 24 January – 30 January 2005

Items with DL before the menu name indicates this item has been modified to be lower in calories, fat and/or sodium than the Regular line item. The Diet Line is designed to promote healthier eating and can be used to adhere to most modified diets. Residents who require a therapeutic diet are advised to make an appointment with the Registered Dietitian for one-on-one consultation.

BREAKFAST		LUNCH	DINNER
M O N	Oatmeal/Grits Eggbeaters Hardboiled Eggs DL Ham Slices Biscuit/DL Gravy	DL Navy Bean Soup DL Tacos Flour Tortillas Refried Beans Mixed Vegetables	DL Soup Du Jour Baked Chicken Breast Steamed Rice DL Chicken Gravy Brussel Sprouts Boiled Okra Panini Rolls
T U E S	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Bacon DL Lyonnaise Potatoes Biscuit/DL Gravy	DL Vegetable Soup Baked Fish Oven Baked Potatoes Whole Kernal Corn Green Peas	DL Soup Du Jour Meat Loaf DL Gravy Lyonnaise Potatoes Cabbage Harvard Beets Breadsticks
W E D	Oatmeal/Cream of Wheat Eggbeaters Hardboiled Eggs Turkey Sausage Link Biscuit/DL Gravy	DL Pinto Bean Soup Baked Turkey Breast Mashed Potatoes Broccoli Blackeye Peas	DL Soup Du Jour DL Chicken Primavera Noodles DL Eggplant Casserole Carrots
T H U R	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Bacon Biscuit/DL Gravy	DL Minestrone Soup Baked Pork Loin Mashed Potatoes Kale Cream Corn	DL Soup Du Jour DL Braised Beef Cubes Noodles Turnip Greens Lima Beans
F R I	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Bacon Biscuit/DL Gravy	DL Turkey Noodle Soup Vegetable Pizza Cauliflower Green Peas	DL Soup Du Jour Salmon Patties Potato Wedges Succotash Zucchini Country Rolls
S A T	Oatmeal/Cream of Wheat Eggbeaters Hardboiled Eggs DL Creamed Ground Beef DL Lyonnaise Potatoes Biscuit/DL Gravy	DL Vegetable Soup Sauteed Shrimp Baked Potatoes Mushrooms & Onions Italian Green Beans Dinner Rolls	DL Soup Du Jour DL Yankee Pot Roast with Potatoes Carrots Corn on the Cob French Dinner Rolls
S U N	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Sausage Link Biscuit/DL Gravy	DL Chicken Noodle Soup Baked Fish Baked Sweet Potatoes Asparagus Yellow Squash	DL Soup Du Jour Baked Chicken DL Au Gratin Potatoes Peas & Carrots Sugar Snaps Panini Rolls

BREAKFAST STANDARD MENU ITEMS

Prunes, Bagel, English Muffin, Syrup, SF Syrup, Bananas, Grapefruit Sections, Fruit Deluxe, Applesauce, Cream Cheese, Raisins

STANDARD MENU ITEMS ALL MEALS

Asst Bread, Asst Dry Cereal, Asst Juice, Asst Milk, Asst Beverages, Coffee, Decaf Coffee, Tea, Tea Bags, Butter, Margarine, Sugar, Sugar Substitute, Salt, Pepper, Asst Condiments

STANDARD SALAD BAR ITEMS FOR LUNCH/ DINNER

Lettuce garnished w/romaine leaves, Cherry Tomatoes, Cucumbers, Chopped Onions, Celery Sticks, Sliced Pickles, Carrot Sticks, Shredded Cheese, Coleslaw, Bacon Bits, Sliced Beets, Sliced Peppers, Broccoli Florets, Green Olives, Jalapeno Peppers

STANDARD SALAD DRESSINGS

Bleu Cheese, Catalina French, Ranch, Thousand Island, Fat Free Italian, Balsamic Vinegar, White Vinegar, Olive Oil

DAILY SALAD BAR ROTATION

- Mon: Pineapple Chunks, Macaroni Salad
Wed: Pear Halves, Potato Salad
Fri: Apricot Halves, Three Beans Salad
Sun: Fruit Cocktail, Carrot & Raisin Salad
- Tue: Peach Slices, Marinated Cucumbers
Thurs: Pineapple Slices, German Tomato Salad
Sat: Mandarin Oranges, Pasta Salad